

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Three Different Christmas Days, All Ignoring the Turkey

Roast Goose With Creamed Onions
and Sweet Potatoes, Topped
Off by a Frozen Dessert

By Virginia Carter Lee

THE following menus are planned for six persons, with a hearty English buffet breakfast, a light, appetizing luncheon and the holiday dinner at night.

The fashion of a buffet breakfast may be new to the majority of housewives, but it greatly simplifies the service, as one or two cold dishes, tastefully garnished, are arranged on the sideboard and hot egg dishes, quick breads or toast prepared on the table or brought in from the kitchen.

Generally the men of the party do their own carving, selecting just what they wish, and, as Christmas breakfast is always more or less of an informal meal, this lightens materially or entirely dispenses with a maid's service.

In purchasing the goose for the Christmas dinner be sure that it is a young one, as otherwise it will be uneatable; one about eight pounds is the right size, and they will cost this year probably 55 cents a pound. Stuff with a sage dressing and add grated onion and a minced tart apple to the bread crumbs. This gives a very well flavored dressing that blends deliciously with the richness of the goose.

The Late Goose Dinner.

With a Buffet Breakfast

BREAKFAST

Fruit Cocktails

Pressed Veal Jelly Tongue

Scrambled Eggs with Asparagus Tips

Buttered Toast Raised Biscuits

Marmalade Coffee

LUNCHEON

Potato and Diced Tongue Salad

Mustard Butter Sandwiches

Hot Coffee Gingerbread

DINNER

Estimated cost for six persons (\$8.59)

Oyster Cocktails Crackers

Celery Stuffed Olives Salted Almonds

Roast Goose

Spiced Cranberry and Apple Jelly

Creamed Onions

Sweet Potato Croquettes

Watercress and Pimento Salad

Frozen Christmas Pudding Macaroons

Coffee

Spiced Cranberry-Apple Jelly

This is a particularly good

recipe to serve with a rich dish like

roast goose, and it is very attractive

for service, owing to its bright color.

Beat together two cupsful of strained

apple juice and one cupful of

strained cranberry juice, adding a

spice bag containing six whole

cloves, half a nutmeg, three blades

of mace and a broken stick of cinna-

mon. Boil for twenty minutes, re-

move the spice bag, and measure the juice. Add a cupful of heated sugar for each cupful of boiled juice and cook until a little jells when tried on a cold saucer. Pour into a large, ornamental mold or into individual molds.

Frozen Plum Pudding

Heat one generous pint of milk and add one and a half, shaved squares of unsweetened chocolate. Stir over hot water until the chocolate is dissolved and add one cupful of sugar and one tablespoonful of cornstarch moistened with a little cold water. Stir constantly until thick and smooth and cook over hot water for seven minutes. Remove from the fire, flavor with half a teaspoonful of vanilla extract and a quarter of a teaspoonful of ground cinnamon. Cool, add half a pint of chilled double cream whipped solid and freeze slowly. When the cream begins to congeal stir in a cupful and a half of mixed chopped raisins, currants and finely shredded citron (soaked for half an hour in boiling

water), nut meats and candied cherries. Continue to freeze until firm and smooth and repack in a melon mold in ice and rock salt for three hours before serving. Serve unmolded with sweetened whipped

cream made to resemble hard sauce by the addition of a few drops of yellow coloring matter and a little chopped candied orange peel.

Budget

In figuring the cost of the dinner

the following prices for the various dishes were used:

Oyster cocktails, 68 cents; crackers, 8 cents; celery, 35 cents; olives, 30 cents; salted almonds (home-made), 40 cents; roast goose (eight

pounds), \$4.40; cranberry and apple jelly, 38 cents; onions, 25 cents; sweet potato croquettes, 30 cents; salad, 20 cents; frozen pudding, 75 cents; macaroons, 40 cents, and coffee, 10 cents.

An English Yuletide With Rare Roast Beef

THE following menus for the Yuletide holidays are also planned for six persons, with a midday dinner served between 1 and 2, a fairly light breakfast and a tempting hot supper that can be prepared by the housewife herself when the maid has departed for her individual Christmas Day.

Roast beef and a real Christmas pudding with sugar and spice and everything nice put into its making are the pièce de résistance of the early dinner, which has been planned according to English standards.

In purchasing the roast buy at least six or seven pounds of the standing rib variety and have the butcher cut the fat surrounding the meat in little curls, so that it will stand up brown and crisp when roasted and give it quite a company air.

For the hot chafing dish supper select some appetizing crab, oyster, chicken or other creamed dish, have a pan of rolls ready to be reheated, a crisp green salad or fruit salad and

a hot or cold beverage, as you may prefer.

A Midday Roast and A Tempting Supper

BREAKFAST

Malaga Grapes and Tangerines

Baked Sausages Oatmeal Scones

Honey Coffee

SUPPER

Crab and Egg Rarebit

Hot Rolls Toast

Ginger Ale Cup

Fruit Salad

DINNER

(Estimated cost for six, \$7.70)

Halved Grapefruit with Loganberry Juice

Olives Stuffed Celery

Roast Beef Yorkshire Pudding

Browned Potatoes

Creamed Brussels Sprouts

Vegetable Salad Cheese Straws

Christmas Plum Pudding Hard Sauce

Crab and Egg Rarebit

Prepare this in the chafing dish.

Melt three tablespoonsful of oil and

add to it one and a half tablespoons-

ful of flour. Then blend in one and

a quarter cupful of thin cream and

stir constantly until smooth and thick. Season to taste with salt, paprika and a bit of minced parsley and add one and a half cupful of cooked flaked crab meat and one chopped hard-boiled egg. When these ingredients are heated through add two tablespoonsful of Worcestershire sauce and three tablespoonsful of grated cheese. Serve as soon as the cheese is melted.

Christmas Pudding

Pour a cupful of scalded milk over half a pound of grated bread crumbs and let stand until cold. Then add the beaten yolks of four eggs, one-quarter of a pound of sugar and half a pound of beef suet, finely chopped, and creamed with the hand. Meanwhile sprinkle with half a cupful of flour, half a pound of chopped seeded raisins, one-quarter of a pound of currants, two ounces of shredded figs and two ounces each of shredded citron and candied orange peel. Add also to the fruit half a grated nutmeg, three-quarters of a teaspoonful of cinnamon, one-third of a teaspoonful each of ground cloves and mace, one and a half teaspoonsful of salt and

one teaspoonful of baking powder. Combine the two mixtures and add a quarter of a cupful of grapejuice and the stiffly whipped egg whites. Turn into two greased molds and steam for about four hours. This pudding is best when made a few days before Christmas; then reheat in the mold when ready to serve. Garnish with sprays of holly and set the pudding on an inverted dish placed within a larger one. Pour into the lower dish a little alcohol (if you are fortunate enough to have any) and touch it to a blaze just as you take it into the dining-room.

The Budget

The following approximate prices are given for the various dishes served at the dinner:

Halved grapefruit, 50 cents; olives, 40 cents; stuffed celery, 40 cents; roast beef (seven pounds), \$3.50; Yorkshire pudding, 10 cents; Brussels sprouts, 60 cents; vegetable salad, 50 cents; cheese straws, 25 cents; Christmas pudding, \$1, and hard sauce, 25 cents.

A Southern Celebration, With a Fresh
Baked Ham, Oyster Dressing
and a Real Corn Pudding

THE following holiday menus (also for six persons) have been planned along ideas of Southern hospitality for the Yuletide; and the fresh ham selected for the main course will be found no mean substitute for the historic turkey when prepared with a savory oyster dressing and then roasted to just the right degree of crispness and brownness.

Southern Ham and Waffles

With a French Fruit Pudding

BREAKFAST

Baked Apples with Nutmeg and Ginger

Individual Bacon Omelets Waffles

Cinnamon and Sugar Coffee

SUPPER

Oyster Bouillon

Cold Sliced Ham

Chutney

Holiday Salad

Cheese Straws

DINNER

(Estimated cost for six persons \$5.88)

Clear Tomato Soup Toast Squares

Spiced Preserved Apples

Baked Fresh Ham Oyster Dressing

Celery Browned Sweet Potatoes

Corn Pudding Tangerine Salad

French Fruit Pudding

The tender white meat of the

ham is very similar in looks and

taste to the white meat of turkey

and with a delicious brown gravy

to which a little cooked liver has

been added even the "tempting giblet gravy" need not be missing from the holiday board.

Spiced preserved apples are its best accompaniment, with browned sweet potatoes and a Southern corn pudding by way of vegetables. This holiday dinner is also planned for 1:30, with a special evening supper and a Southern breakfast, at which golden brown waffles with cinnamon and sugar play an important part. With the aid of one of the useful electric grilles these same waffles may be easily baked at the table, thus lessening the confusion in the kitchen, given over to the preparation of dinner.

Holiday Salad

Cut sufficient celery in small strips to make one and a half cupful and let stand in cold salt water until well curled. Peel and cut into strips three russet pears. Arrange the celery on heart lettuce leaves in the form of nests and pour over a dressing made from four tablespoonsful of vegetable oil, two tablespoonsful of lemon juice, one teaspoonful of powdered sugar and a few grains of salt. Lay the strips of pear in the nests and on top place mounds of the following: Mix together three tablespoonsful of minced Canton ginger, six tablespoonsful of peeled and quartered Malaga grapes and sufficient mayonnaise dressing to bind it.

Southern Corn Pudding

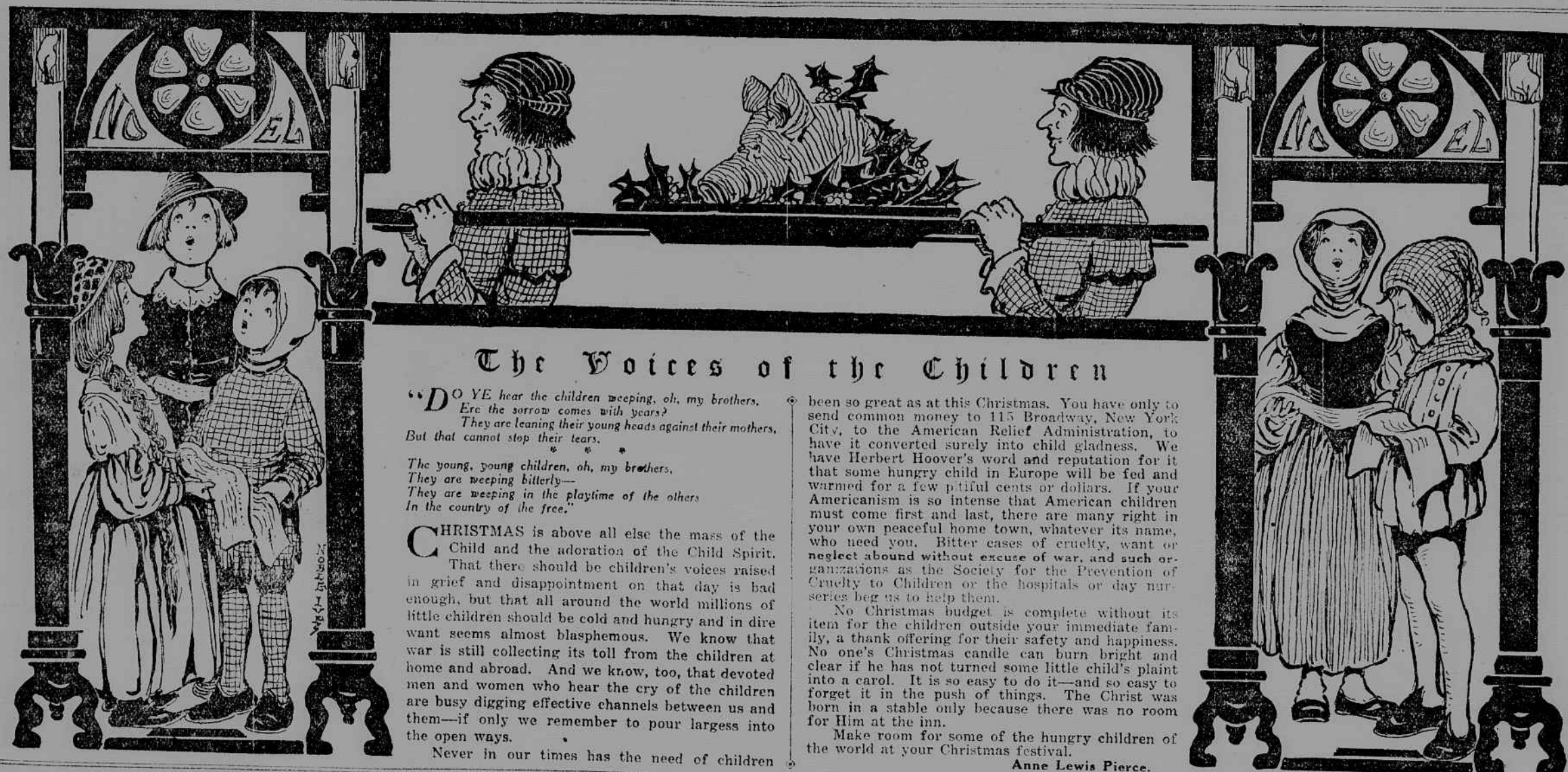
To one drained can of corn add three lightly beaten eggs, one cupful of warm milk, two tablespoonsful of butter, half a tablespoonful of sugar and scant half teaspoonful of salt. Beat up well, turn into a buttered pudding dish and bake in a pan of hot water.

French Fruit Pudding

Chop one cupful of beef suet to a powder, adding a tablespoonful of flour as you chop it. Add one cupful of sour milk and half a cupful of dark molasses. Then stir in two cupsful of flour, sifted with one and a half teaspoonsful of baking soda, one teaspoonful each of ground cinnamon and cloves and half a teaspoonful of salt. Beat well and add one cupful of chopped seeded raisins, three-quarters of a cupful of currants and a quarter of a cupful of chopped nut meats, sprinkle with half a cupful of flour. Mix the ingredients thoroughly, pour into a well greased mold and steam for four hours. Serve with either a hard or foamy sauce.

Budget

Tomato soup, 30 cents; toast squares, 3 cents; pickled peaches (homemade), 25 cents; spiced apples, 18 cents; baked ham (seven pounds), \$2.80; oyster dressing, 40 cents; celery, 35 cents; sweet potatoes, 12 cents; corn pudding, 40 cents; salad, 40 cents, and fruit pudding, 65 cents.



The Voices of the Children

"DO YE hear the children weeping, oh, my brothers,
Ere the sorrow comes with years?
They are leaning their young heads against their mothers,
But that cannot stop their tears."

The young, young children, oh, my brothers,
They are weeping bitterly—
They are weeping in the playtime of the others
In the country of the free."

CHRISTMAS is above all else the mass of the Child and the adoration of the Child Spirit. That there should be children's voices raised in grief and disappointment on that day is bad enough, but that all around the world millions of little children should be cold and hungry and in dire want seems almost blasphemous. We know that war is still collecting its toll from the children at home and abroad. And we know, too, that devoted men and women who hear the cry of the children are busy digging effective channels between us and them—if only we remember to pour largess into the open ways.

Never in our times has the need of children

been so great as at this Christmas. You have only to send common money to 115 Broadway, New York City, to the American Relief Administration, to have it converted surely into child gladness. We have Herbert Hoover's word and reputation for it that some hungry child in Europe will be fed and warmed for a few pitiful cents or dollars. If your Americanism is so intense that American children must come first and last, there are many right in your own peaceful home town, whatever its name, who need you. Bitter cases of cruelty, want or neglect abound without excuse of war, and such organizations as the Society for the Prevention of Cruelty to Children or the hospitals or day nurseries beg us to help them.

No Christmas budget is complete without its item for the children outside your immediate family, a thank offering for their safety and happiness. No one's Christmas candle can burn bright and clear if he has not turned some little child's plaint into a carol. It is so easy to do it—and so easy to forget it in the push of things. The Christ was born in a stable only because there was no room for Him at the inn.

Make room for some of the hungry children of the world at your Christmas festival.

Anne Lewis Pierce.

A Second Installment of Yankee Mincemeats to Round Out the Season

By Florence Taft Eaton

"One Hundred Pies on the
Pantry Shelf" Was
the Old Ideal

AN OLD lady of my acquaintance once told me that in her ambitious, young housekeeping days she used always to make 100 pies at the beginning of the winter, storing them in an otherwise unused, empty room, shelf-equipped for the purpose.

The story was very hard to believe, in spite of my friend's unimpeachable character for veracity and also the fact that, in those times, a meal at which a pie or two did not appear on the table would be considered a dismal failure; but I was assured of its truth. We do not consider it any advantage nowadays to be too forehanded in regard to the finished pie product—in fact, to go to the other extreme, I parrot of a Thanksgiving dinner a year or two ago for which the pies had been baked that very morning, the cook believing that "fresh pies" to be really deserving of the term "fresh" and to be as good as possible must be made the day they are eaten.

The Second Installment

Probably your mincemeat was so good that the first lot is nearly, if not entirely, gone. Many housekeepers, like myself, are now contemplating the second installment,

which by economical use and possibly by canning a portion will last over until the milder spring weather has lessened the attraction of such hearty desserts as mince pies.

Perhaps—again like myself—you like to try new recipes occasionally instead of the old standbys. A bit of difference in flavoring, a change of proportions, sometimes produces a practically new dish.

Following is an excellent recipe for mincemeat, which even in pre-prohibition days did not call for any of the alcoholic additions then usually considered necessary.

Mrs. Wheeler's Mincemeat

Five quarts of chopped meat, ten quarts of chopped apples, six pounds of brown sugar, one quart of chopped suet, one quart of molasses, one quart of raisins, half a quart each of currants and citron (may be omitted if wished), one tablespoonful each of nutmeg and clove, two tablespoonsful of cinnamon, one-half tablespoonful of mace, three-fourths cupful of salt, the broth in which the meat was cooked and enough cider to moisten as you like it. Cook slowly and stir occasionally, for half a day.

To this recipe I add the juice and grated rind of two lemons and two tumblersful of jelly or jelly left-overs. More fruit and spice may be added, if individual taste and purse allows. This makes a large quantity, and I usually halved the recipe. Also, if you prefer, you may use less meat and more apple. You

may buy the bottled boiled cider, or use fresh cider, boiling it away somewhat.

A particularly definite and delectable recipe, the result of many years of careful experimenting, follows:

Mrs. Smith's Concordia Mince

Half a pound of finely chopped suet, three cupsful of chopped meat, four cupsful of chopped raisins, four cupsful of currants, four cupsful of brown sugar, half a pound of citron cut in small bits, three cupsful of white sugar, one cupful of molasses, nine cupsful of chopped apples, six cupsful of meat liquor, eight tablespoonsful of salt, six tablespoonsful of cinnamon, one and a half tablespoonsful each of mace and clove and all-spice, one grated nutmeg, one quart of boiled cider, three lemons, juice and grated rind, two oranges, juice and rind, one tumblerful of barberry jelly, or other tart variety. One-half cupful of brandy and three-fourths cupful of sherry were called

for in the original recipe, but these may be omitted without spoiling the pie.

To this, as to any mincemeat, any bits of left-over jelly or jam or fruit syrup may be added. Three and one-half pounds of shin beef will make about the amount called for. Wash carefully, cover with water and simmer until tender; remove meat and boil away liquor until you have about three pints. Simmer all together for two or three hours, covered, and stir. This makes about twelve quart jarsful. When making the pies, lay a few whole raisins on the mincemeat before applying the top crust. I should advise tasting in reference to salt.

Old "Hit-or-Miss" Mincemeat

In spite of the jibes and jeers which have been applied to the inexact "little of this and little of that" recipes of the unscientific but often unsurpassed cooks of "ye olden time," some sorts of food lend themselves to this indefinite putting together. I have in mind a mother

and daughter who, every year, consecrate one long morning in early November to a real pre-holiday orgy; chopping and mixing the essentials, collecting dainties—part of a box of dried candied orange peel, tumblerfuls of last year's jellies or jams, a bit of candied fruit, an orange and lemon or two, testing at intervals, with the result, at the end of it all, of a big kettleful of truly delectable mincemeat in regard to whose composition never a recipe but experience and judgment has been consulted. The following receipt recipe may be safely tried by even the most inexperienced housekeeper. To get the full benefit and "fun," however, two congenial members of the family should make it together!

Take any amount of meat, put through the meat chopper, using a pint bowl as a measure, three times as much chopped apple, same measure of chopped suet and molasses as meat, one pound of brown sugar, one teaspoonful each of clove and nutmeg and two teaspoonsful of cin-

namon and two tablespoonsful of salt to each bowl of meat.

Fruit (raisins, currants and citron), as wished or can be afforded, using mostly raisins and only a little citron, as it is very expensive at the present time. I prefer the raisins whole, and always wash the "perfectly clean" currants and raisins very carefully. Slice the citron thin. A good proportion is one package of raisins and half a package of currants and one-fourth pound of thinly sliced citron to each bowl of meat. Cook the meat the preceding day in just enough water to cover, and start the mincemeat with the broth and molasses. To this foundation, as above, add any suitable tidbits you can collect; anything that is good in itself and will combine well will be good in the mincemeat—a little sweet pickle syrup, two or three tumblerfuls of, preferably, tart jelly, forgotten jam, that may be too dry for the table, cut in bits; canned fruit syrup, and always the grate and rind of a lemon or two and an

orange, if on hand; boiled down sweet cider, if you can get it; if not, one-fourth cupful of vinegar and more fruit juice.

Stir well, taste to see if you like it, and supply more moistening, salt or sugar if you prefer. I will promise you as delicious mince pies made by this recipe as you can wish, and a jolly time in the making! Let it simmer through the afternoon, being careful that it does not burn. This will keep in a crock in a cool cellar for a few weeks, but may be canned if you prefer.

Meatless Mince Pies

Five pounds of chopped apples (weighed after prepared), one-half pound of chopped suet, two pounds of raisins (one seeded and one seedless, chopping the seeded), one-half pound of finely cut citron, one pound of brown sugar, three-fourths cupful of molasses, two dessert spoonsful (more if your taste dictates) of salt. Add one-half teaspoonful each of mace and ground clove, one teaspoonful of nutmeg, two teaspoonsful of cinnamon, one teaspoonful of allspice, juice and grate of a lemon and an orange, one tumblerful of any tart jelly or half a tumblerful of two different kinds, and enough cider, white grape juice or canned fruit juice to moisten sufficiently; if the latter, add four tablespoonsful of vinegar. Syrup of sweet pickle, if any is on hand, may be used as part of the liquid. Mix well, simmer two hours and store in a stone crock.

Small "Makings" or Large,
Formal Recipes—Take
Your Choice

Double the rule makes about eight or nine quarts; this is comparatively inexpensive and very nice.

Impromptu Mincemeat

One cupful of any beef on hand (boiled beef, roast or remnants) chopped finely, three cupsful of chopped apples, one-half cupful of chopped suet, one and one-half cupsful of brown sugar, one cupful of seedless raisins, a very little sliced citron, one and one-half teaspoonsful each of salt and cinnamon, one-quarter teaspoonful each of clove, mace and nutmeg, juice and grate of one lemon, two or three tablespoonsful of remnants of jelly and enough cider, sweet pickle vinegar or half of each added to same amount of meat broth to moisten. Simmer one hour. Instead of all brown sugar, one-half cupful of it may be omitted and one-fourth cupful of molasses added, if the flavor of molasses is preferred.

In making all of these mincemeats I advise critical tasting at the end of the mixing and cooking, as individual preferences as to spice, sweetening and salt are so different. I have aimed to give proportions to suit the average taste, but mincemeat lends itself perfectly to any preferred variations; also, some prefer a moister product than others.

